



OFFICIAL SPORTS MEDICINE PROVIDER

Edina High School Certified Athletic Trainers

Steve Tschida, B.S., M.Ed., ATC

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Ravid Goldman-Henley, B.S., M.S., ATC

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Pre-Season Sports Medicine Informational Topics

Our 2021-2022 sports seasons have kicked off, and it's time for our athletic department staff to prepare for a successful season. As Edina High Schools Certified Athletic Trainers, and Employees of Twin Cities Orthopedics, it is important for us to communicate with all coaches, athletes, and parents in order to provide the highest quality of sports medicine services for Edina High School athletic programs. I hope this informational letter will contribute to providing athletes here at Edina with a positive athletic experience and contribute to providing comprehensive athletic injury care to all of our participating student-athletes.

Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics is an all-inclusive orthopedic, sports medicine and wellness provider. For more than 75 years, TCO has proudly provided a full spectrum of orthopedic care devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and conditions that affect the body's muscles, joints and bones. TCO's expertise includes services such as imaging, outpatient care, orthotics and prosthetics, and custom research based sports performance programs.

TCO's integrated team led by 115+ orthopedic physicians strive to provide superior quality care for people of all ages and abilities at more than 35 state-of-the-art facilities in the Twin Cities and at nine orthopedic urgent care clinics. Visit TCOmn.com to learn more.

TCO's programs include:

Orthopedic Urgent Care clinics, open 7 days a week from 8am – 8pm

TCO Blaine
TCO Edina - Crosstown
TCO Stillwater

TCO Burnsville
TCO Maple Grove
TCO Waconia

TCO Eagan – Viking Lakes
TCO Minnetonka
TCO Woodbury



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Primary TCO Clinic Locations

As your MN Licensed Certified Athletic Trainer, I will be utilizing the following TCO clinic, and therapy and performance space as the primary locations I refer to in order to provide Edina student-athletes with a complete injury care and management program.

TCO Edina- Cross Town Clinic
4010 W. 65th St. | Edina, MN
952-456-7000

TCO Eagan- Viking Lakes
2700 Vikings Circle | Eagan, MN
952-456-7600

TCO Edina Therapy & Performance
4100 Minnesota Dr. Unit 100 | Edina, MN
952-456-7000

A wide range of health plans are accepted, and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.



Edina High School / Twin Cities Orthopedics

Steve Tschida, B.S., M.Ed, LAT, ATC

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SPORTS PERFORMANCE SERVICES

The Training HAUS is conveniently located in Eagan at Viking Lakes. Adjacent to the Twin Cities Orthopedics Performance Center, the new Home of the MN Vikings, this elite performance facility brings all of our comprehensive sports programs under one roof. The 22,000 square feet of turf, court, studio, and sports science lab space is an ideal place for athletes to train, improve performance/recovery, and utilize athletic injury rehabilitation services. Powered by TCO (Twin Cities Orthopedics), every detail that went into the development of this unique facility is built on the foundation of science, research, and world-class sports medicine services.

Select Training HAUS services offered at Twin Cities Orthopedics' at the following clinic locations: Edina-MN Drive, Eden Prairie, Waconia Therapy & Sports Performance and Woodbury.

Please visit our Training HAUS website for further information regarding our sports medicine & performance services; Including, Sports Nutrition, Sports Psychology, Sports Science, Sports Performance, Sports Recovery, Sports Therapy, Sports Acupuncture, Sports Massage, and Sports Chiropractic care.

<https://traininghaus.com/>





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Meet the Edina High School Sports Medicine Team

Certified Athletic Trainers and Strength & Conditioning Staff:



Steve Tschida, B.S., M.Ed., LAT, ATC | Head Certified Athletic Trainer | 651-492-5556

*Education: Bachelor of Science, University of Minnesota | Masters of Education, University of Minnesota.
Number of Years at Edina High School: 27 | stevetschida@tcomn.com*

A graduate of the University of Minnesota, Steve became a member of the Edina High School Sports Medicine staff in the fall of 1994. Over the past 27 years, Steve has developed a very professional, respectful, and trusting relationships with our student-athletes and community. As Head Athletic Trainer Steve I have the opportunity to be a valuable educational resource for our student athletes who visit our sports medicine facilities for athletic injury care, and to have a positive influence in their student-athlete experience through the comprehensive delivery of sport medicine services.



Ravid Goldman-Henley, B.S., M.S., LAT, ATC | Assistant Certified Athletic Trainer | 617-835-2965

Education: Bachelor of Science Exercise Science, Ithaca College | M.S., Athletic Training, Minnesota State University, Mankato.

Number of Years at Edina High School: 1st Year | ravidgoldmanhenley@tcomn.com

A graduate of the Minnesota State University, Mankato, we are excited to welcome Ravid to our sports medicine staff for the 2021-2022 School Year! Ravid will be an integral part of our Sports Medicine Team as a provider of comprehensive athletic injury care to our student-athletes. Ravid will be providing quality athletic injury care and management services at our community center & high school athletic training room facilities during the fall, winter, and spring seasons.



Kyle Fowlkes, | Strength & Performance Coach | Edina High School Wellness Center Supervisor

Education: Associate of Arts. North Dakota State College.

Number of Years at Edina High School: 1 | kylefowlkes@tcomn.com

Kyle Fowlkes graduated from Edina High School in 2015 where he participated in Varsity track and field, rugby, and football. He went on to complete his AA degree and play junior college football at North Dakota State College of Science and then at Bemidji state. After suffering a career ending knee injury, Kyle joined the Training HAUS family as a patient during his recovery. After falling in love with the Training HAUS team and culture, he interned and now is a part of the team while also working to complete his Bachelor's degree in Exercise Science. Kyle is excited to use his wisdom and experience to help athletes reach their full potential.



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Team Physicians:

Christopher M. Larson, MD | Team Physician

Fellowship: Sports Medicine



TCO Locations: Eagan-Viking Lakes, Edina-Crosstown

Dr. Christopher Larson is a nationally and internationally renowned fellowship-trained orthopedic sports medicine surgeon who specializes in cutting edge techniques for ACL reconstruction, Meniscal Repair, Hip Arthroscopy, FAI surgery and Hip Labral Repair, Proximal Hamstring Repair, Hip Abductor Tendon Repair, and Exertional Compartment Syndrome in Athletes.

Dr. Larson has extensive experience with high school, collegiate, and professional athletes and provides coverage for a number of sports teams. He is currently the Head Team Physician for the Minnesota Vikings (NFL) and Former team physician for the Minnesota Wild (NHL). In addition, Dr Larson regularly sees other professional athletes from various Major League Baseball, NBA, NHL, NFL, and professional Soccer teams.

Greg Lervick, MD | Assistant Team Physician

Fellowship: Sports Medicine

TCO Locations: Edina Crosstown, Eagan-Viking Lakes



Greg Lervick, MD, is a fellowship-trained orthopedic surgeon, who specializes in shoulder and elbow injuries and conditions. Procedures Dr. Lervick specializes in include shoulder arthroscopy, shoulder instability surgery, rotator cuff repair, total and reverse total shoulder replacement, elbow surgery, Tommy John surgery and elbow arthroscopy.

Assistant Team Physician, Cedar Rapids RoughRiders, USHL (1999 – 2001)

Assistant Team Physician, Edina HS (2009 – Present)

Orthopedic Consultant, Hamline University, St. Paul, MN (2005 – 2011)

Orthopedic Team Physician, Augsburg College (2008 – 2015)

Team Physician, Lakeville North & South HS (2005 – 2007)

Team Physician, Minnesota Vikings (2015 – 2019)





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Team Physicians: (Cont.)

Corey Wulf, MD | Assistant Team Physician



Fellowship: Sports Medicine

TCO Locations: Edina Crosstown, Eagan-Viking lakes

Corey A. Wulf, MD, provides specialty care in orthopedic sports medicine. Dr. Wulf performs arthroscopic surgery of the shoulder and knee such as shoulder instability, rotator cuff tears, meniscus tears, and ACL tears. Dr. Wulf also provides care for athletic hip injuries. Dr. Wulf has an interest in multi-ligament knee reconstruction and cartilage transplant. Dr. Wulf also provides general orthopedic services which includes fracture care and joint replacement surgery.

For urgent scheduling needs, please call 952-456-7010.

Team Physician: Minnesota Twins

Team Physician: Hamline University (2012 – Present)

Team Physician: Minnesota United FC Professional Soccer Club (2014 – 2016)

Assistant Team Physician: Edina High School

Christie Heikes, MD



Fellowship: Sports Medicine

TCO Locations: Edina Crosstown

Dr. Christie Heikes, MD, is a board-certified orthopedic surgeon and fellowship trained in sports medicine. Her surgical interests focus on athletic injuries including knee arthroscopy, minimally invasive ACL reconstruction, revision ACL reconstruction, meniscal surgery, pediatric sports medicine, and disorders of the patellofemoral (knee cap) joint.

Team Physician: Perpetual Motion Gymnastics (Woodbury, MN) Jam Hops Gymnastics

Team Physician: St. Catherine University

TAGS Gymnastics Clubs

Team Physician: Legacy Gymnastics

Twin Cities Twisters

Dynamics Gymnastics Clubs

Brad Moser, MD



Fellowship: Sports Medicine

TCO Locations: Eagan-Viking Lakes, Edina Crosstown, Eden Prairie

Brad Moser, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns, including management of acute and chronic musculoskeletal problems. Dr. Moser is an experienced sports medicine physician and has worked with young athletes and active adults to the highest level of professional athlete.

Team Physician: United States Men's and Women's National Soccer Teams (2004-Present); 35+ international trips/camps attended.

Founder and Director: The Minnesota Dance Medicine Foundation

Team Physician: Minnesota United FC Professional Soccer Club (2014 – 2017)

Tournament Team Physician: Western Collegiate Hockey Association – Final Five Tournament (2005 – 2013)

Team Physician: Augsburg College (2004 – 2012)

Fellow Team Physician: Kansas City Chiefs Training Camp (2003 – 2006)



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Team Physicians: (Cont.)

John T. Beecher, MD



Fellowship: American Academy of Family Physicians
Edina Family Physicians: Vernon Ave So.

The founder of Edina Family Physicians. He has over 45 years of experience in family practice. Areas of special interest in addition to Family Practice includes Sports Medicine. Dr. Beecher has been an integral part of our sports medicine team for 35 Years.

- * Medical Staff, Minneapolis Sports Medicine Center
- * Top Doctor (voted by peers), Mpls. St. Paul Magazine
- * Assistant Team Physician, Minnesota Timberwolves Basketball Team
- * Team Physician, Edina High School Football Team for 35 years
- * Team Physician, MN State HS League Tournament
- * Member, Hennepin County Medical Society Member, Minnesota Medical Association

Physician Visits

If your child's injury or illness requires a physician visit during the school year, please contact me directly and I will assist you with identifying the most appropriate **sports medicine physician**. I can also facilitate a quicker appointment through the use of our team physician and supervising clinic.

For ALL doctor visits:

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness "the attending physician must certify in writing the students readiness to return to competition." **THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY.**





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COVID SAFETY PRECAUTIONS AND EXPECTATIONS

With the current climate surrounding COVID, there are additional measures that need to be taken to ensure the safety of our staff, patients, and their families. Below are current recommendations based on current available evidence. Any TCO staff members covering events or working in an outreach setting must adhere to these recommendations. If the group that you are working with has additional precautions, those should be followed.

Please stay up to date on current CDC and Minnesota Department of Health guidelines for PPE and social distancing as these may be updated at any time.

EHS Certified Athletic Trainers: PPE

1) Masking Indoors:

Masks must be worn at all times.

2) Masking Indoors:

Cloth or surgical mask must be worn at all times when close contact with others is necessary. Mask may be removed when others are a safe distance from you. TCO will provide staff with surgical masks. If the group you are working with requires masking at all times, the expectation is that you will follow their requirements.

3) Gloves:

Gloves may be worn when performing evaluations and working with patients. Hands should be washed/sanitized after every patient contact.

4) Eye protection:

Eye protection may be worn when interacting with patients; although, not required.

Other Athletic Training Room Considerations:

Follow social distancing guidelines | Don't allow training room to be overcrowded | Utilize sign-in sheets to assist with contact tracing | Athletes should wash/sanitize hands when entering and exiting | Eliminate use of Ice Bath/whirlpool for non-emergencies.

Sanitizing Procedures:

Treatment tables and equipment should be cleaned between each patient use | Other frequently touched surfaces should be cleaned regularly | Be familiar with your current products. What is the "wet" time? How long does it take to kill viruses?

Note: If bottles/coolers are being used they must be thoroughly cleaned after each use | Consider single use products when available | Wipes, paper towels, etc.



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COVID SAFETY PRECAUTIONS, PROTOCOLS, AND EXPECTATIONS – RETURN TO PLAY (RTP)

Student-Athlete: Positive Covid-19: Regardless of vaccination status.

If you tested positive for Covid-19 or have symptoms, regardless of vaccination status.

1) Isolate for 5 days: If symptomatic, Day 1 is the first full day after your symptoms first appeared or if asymptomatic, the first full day after your symptoms first presented.

- **Stay Home:** Isolate for 5 days from others. Wear a mask if you must be around others in your home.

The current requirement of a 10-day isolation for all MSHSL participants in competition is still the required guidance from the MSHSL.

You can resume team practice sessions:

- 5 days since symptoms first appeared, or if asymptomatic, from the date of positive test,
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving
- Wear a mask for an additional 5 days (Days 6-10) when at home or around others.
- If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days.
- **Meet with Coach/ATC prior to returning sport. During isolation begin a progression of exertion with daily exercise sessions (20 Min. Daily) when Sx free, when symptoms have improved or, if asymptomatic, daily as tolerated.**

You can resume team competitions:

- After you have completed the full 10 Day period since the date of symptom onset, or if asymptomatic, from the date of your positive Covid test.
- **Note:** Day 0 is your first day of symptoms or the day of your positive test.

2) I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication.

- You should isolate for at least 10 Days. Consult your doctor before ending isolation.

People who are severely ill with COVID-19 might need to stay home longer than 5 days after symptoms first appeared. [Persons who are severely immunocompromised](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.



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COVID SAFETY PRECAUTIONS, PROTOCOLS, AND EXPECTATIONS – RETURN TO PLAY (RTP)

What to do if you have an athlete with a “Close Contact Exposure?”

“Close Contact”: Someone who was less than 6’ away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

If you were exposed to Covid and are NOT up to date on Covid-19 vaccinations.

1) Quarantine for 5 Days: The date of your exposure is considered Day 0.

- **Stay Home:** Quarantine for at least 5 days. Wear a mask if you must be around others in your home.
- **Get Tested:** Even if you do not develop symptoms, get tested at least 5 days after you last had contact with someone with Covid-19.

2) After Quarantine:

- **Watch for Symptoms:** Watch for symptoms until 10 days after you last had a close contact with someone with Covid-19.
- Wear a mask for 10 full days anytime you are around others inside your home, or in public.
- **If you develop symptoms:** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a mask around others.

However, if you are **Fully Vaccinated** and have a close contact with someone you would not need to quarantine if **BOTH** of the following are true:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19.

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if **ALL** of the following are true:

- Their illness was laboratory confirmed (PCR) in the past 90 days.
- They have fully recovered.
- They do not currently have any symptoms of COVID-19.





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COVID SAFETY PRECAUTIONS AND EXPECTATIONS – RETURN TO PLAY (RTP)/PHYSICIAN RELEASE

If a student-athlete *wishes* to be seen by our TCO MD's regarding RTP medical considerations.

Here is what the student athletes need:

- 1) Copy of positive test with date of positive.
- 2) Contact Mairead Griffin, TCO Clinical Navigator, 952-456-7415 (maireadgriffin@tcomn.com) and she will be able to schedule the visit once these criteria are met. Patient cannot be scheduled until 10 days symptom free and a documented negative COVID test a minimum of day 11 from positive test.
- 3) Any school specific requirements for RTP clearance. This will be more applicable for college & pro. At the HS level, required evaluation will be guided by the managing physician unless the school, district, or MSHSL has a higher level of precedence for required testing (e.g. labs, echo, stress test).
- 4) Meet with ATC to discuss progression into exertional activities.

Return to Play (RTP): Signed Parent Acknowledgment or Physician's Medical Release.

Note: If the student-athlete is Covid positive he/she will need a parent/guardian sign the Parent Acknowledgment Release prior to activity (*Initiate RTP) or obtain a Physician's Medical Assessment, if a severe case of Covid-19 is noted. *I will provide our families with all the necessary documents for our Covid-19 + Cases. All RTP progressions will be guided by ATC & Coaches.*

MSHSL Post Covid-19 Positive Return to Play Progression (RTP).

- <https://www.mshsl.org/sites/default/files/2021-02/covid-return-to-sport-guide-2-4-2021.pdf>

Team Physician: Covid-19 Return to Sport (Optional Resource)



Dr. David Olson, MD
Fellowship: Sports Medicine
TCO Locations: Eagan- Viking Lakes

David Olson, MD, is a primary care sports medicine physician specializing in a wide range of sports medicine concerns; including, Covid-19 management, diagnosis and management of concussions, and acute and chronic musculoskeletal issues. Dr. Olson is an experienced sports medicine physician who has worked with various levels of athletes, from professional/elite athletes to the weekend warrior.

*Team Physician: Minnesota Twins

*Team Physician: Minnesota Vikings

*Medical Director and Team Physician: University of St. Thomas

*Team Physician: U.S. Weightlifting

*Team Physician: U.S. Soccer

*Team Physician: Roseville High School



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Current COVID-19 Resources for Coaches, Student-Athletes, and Families:

MSHSL Covid-19 Guidance & Sports Participation

https://www.mshsl.org/sites/default/files/2021-08/2021_2022-covid-guidance.pdf

Covid-19 Decision Tree & Recommendations for Families:

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Quarantine and Isolation Protocol:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>

24 Hour Testing Results: Quick PCR Test Results.

<https://oraldna.com>

Free Covid Testing Sites:

https://docs.google.com/document/d/1nYlk1BkTeaDoPk4B-9cavSSmEml_Wnb_mlhjZfh_SRg/edit?usp=sharing

Quarantine Guidance for Covid-19:

<https://www.health.state.mn.us/diseases/coronavirus/quarguide.pdf>

What to do if you have COVID-19

<https://www.health.state.mn.us/diseases/coronavirus/case.pdf>

CDC: When you have been fully vaccinated.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Covid-19 Close Contacts & Tracing:

<https://www.health.state.mn.us/diseases/coronavirus/close.html>

COVID-19 What to do if you're waiting for test results? Pdf

<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>

COACHES SAFETY CHECKLIST: FOR SPORTS PARTICIPATION DURING COVID-19

https://www.nata.org/sites/default/files/general_sports_safety_checklist_during_covid-19.pdf



Concussion Management

Primary concussion management will be provided through the site Athletic Trainer, the student athlete will then be referred to a sports medicine trained physician **if deemed necessary**. Referrals to a Sports Concussion Specialist are available and may be made based on presentation of symptoms. If you would prefer to work with a physician regarding a concussion, please contact your Athletic Trainer so they can assist you in seeing a physician trained to treat this type of injury.

The ImPACT Concussion Test is a tool we have available to our student-athletes to help us in our clinical diagnosis and return to activity decisions. This is a computer-based test that uses multiple different tasks to determine aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the Athletic Trainer, but may be required per coach's discretion. If you would like your child to take a pre-injury baseline ImPACT test (should the event of a concussion occur it is beneficial to have a baseline in order to compare results rather than using the normative data) please contact **Steve Tschida, M.Ed., ATC** for administration of the test.

Concussion Return to Play management will be supervised by your Athletic Trainer according to the [Minnesota State High School League guidelines](#). There is a mandatory 24 hours between each of the 5 phases of supervised return to play.

Please contact your Athletic Trainer with any questions.

Resources:

<https://impacttest.com/>

<https://tcomn.com/head-turning-facts-myths-about-concussions/>

<https://tcomn.com/wp-content/uploads/2017/10/MSHSL-Concussion-Form.pdf>

<https://tcomn.com/head-turning-facts-myths-about-concussions/>



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Training Room Hours and Sideline Coverage

Although we do not attend all events, at all levels of participation, we welcome **ALL** student-athletes to utilize our Sports Medicine Services at all of our Athletic Training Room locations.

Training Room Hours:

Edina High School: Fall, Winter, & Spring Seasons: 9:30am - 6:00pm

Edina Community Center: Fall & Spring Seasons: 3:15pm - 6:30pm

*Hours may vary due to event coverage responsibilities. Please see posted **Daily Training Room Hours** at our facilities.

Event Coverage:

Junior Varsity and Varsity: Football All Levels (traveling with varsity only), Volleyball, Boys and Girls Basketball, Boys and Girls Hockey, Wrestling, Boys & Girls Lacrosse, Competition Cheer, and Gymnastics.

Varsity: Boys & Girls Soccer, Baseball, Softball, Dance Team, and Track & Field.

Note: We will contact parents/guardians as needed in the event of an injury or emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact our Certified Athletic Trainers.



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